



| lunes | martes | miércoles | jueves | viernes |
|--|--|---|--|--|
| | | | | 1 Lentejas a la jardinera Filete de merluza con lechuga y olivas negras Fruta y pan Vegetables lentils Hake steak with lettuce & olives Fruit and bread |
| 4 Menestra de verdura salteada Hamburguesa a la plancha con lechuga y maíz Fruta y pan Sautéed minestrone Grilled hamburger with lettuce & sweetcorn Fruit and bread | 5 Espirales con tomate Merlán a la andaluza con ensalada verde (lechuga, pimiento verde y aceituna) Postre Especial y pan Spirals with tomato sauce Andalucian style whiting with green salad (lettuce, green peppers & olives) Special desserts and bread | 6 Crema de calabaza Escalope de pollo con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan Cream of butternut squash Chicken escalope (breaded) with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread | 7 Sopa de ave con arroz Tortilla de atún con lechuga y zanahoria Postre Especial y pan Chicken soup with rice Tuna omelette with lettuce & carrot Special desserts and bread | 8 Alubias blancas estofadas Palometa con tomate con pisto Fruta y pan Stewed white beans Pomfret with tomato sauce with ratatouille Fruit and bread |
| 11 Judías verdes rehogadas Lacón al horno con lechuga y olivas negras Fruta y pan Sautéed green beans Baked lacón pork with lettuce & olives Fruit and bread | 12 Sopa de cocido Cocido completo Postre Especial y pan "Cocido" soup Full course "cocido" stew Special desserts and bread | 13 Paella mixta Tortilla francesa con lechuga y maíz Fruta y pan Mixed paella Omelette with lettuce & sweetcorn Fruit and bread | 14 Crema de verduras Jamoncitos de pollo con patatas fritas Postre Especial y pan Vegetable cream Chicken drumsticks with french fries Special desserts and bread | 15 Alubias pintas estofadas Merluza a la romana con lechuga y zanahoria Fruta y pan Stewed pinto beans Battered & fried hake with lettuce & carrot Fruit and bread |
| 18 Sopa de fideos Cinta de lomo con verduras salteadas Fruta y pan Noodle soup Pork loin with sautéed vegetables Fruit and bread | 19 Lentejas estofadas Caella adobada con ensalada tricolor (lechuga, zanahoria y maíz) Postre Especial y pan Stewed lentils Pickled blue shark with tricolor salad (lettuce, carrots & sweetcorn) Special desserts and bread | 20 Arroz con pollo Albóndigas en salsa con patatas dado Fruta y pan Rice with chicken Meatballs in gravy with diced potatoes Fruit and bread | 21 Macarrones con tomate Tortilla de patatas con lechuga y olivas negras Postre Especial y pan Macaroni with tomato sauce Spanish potato omelette with lettuce & olives Special desserts and bread | 22 Crema de calabacín Pavo en salsa con lechuga y maíz Fruta y pan Cream of zucchini Turkey with gravy with lettuce & sweetcorn Fruit and bread |
| 25 Arroz con tomate Pollo en salsa con patatas dado Fruta y pan Rice with tomato sauce Chicken in sauce with diced potatoes Fruit and bread | 26 Garbanzos estofados Tortilla francesa con lechuga y zanahoria Postre Especial y pan Stewed chickpeas Omelette with lettuce & carrot Special desserts and bread | 27 Crema de zanahoria Estofado de pavo con verduritas Fruta y pan Cream of carrot Turkey stew with vegetables Fruit and bread | 28 Coditos napolitana Filete de merluza con lechuga y maíz Postre Especial y pan Neapolitan style Pasta Hake steak with lettuce & sweetcorn Special desserts and bread | 29 Sopa de fideos Filete de pollo con lechuga y olivas negras Fruta y pan Noodle soup Chicken steak with lettuce & olives Fruit and bread |